

winter by chronological

Nov 6 2022 to March 18 2023

Monday	
4:00-5:45	Competitive/Star 6+
5:45-6:00	Flood
6:00-6:45	Canskate
6:45-7:45	Star 2/3
6:45-7:45	Star 4/5

Tuesday	
4:00-5:45	Star 2/3
4:00-5:45	Star 4/5
5:45-6:00	Star 2 - 5 synchro
6:00-6:15	Flood
6:15-6:45	Pre-Canskate
6:45-7:45	IceBreakers
6:45-7:45	6+/Competitive French school make up ice

Wednesday	
4:00-5:45	Competitive/Star 6+
5:45-6:00	Flood
6:00-6:45	Canskate
6:45-7:45	Jumpstart Star 1
6:45-7:45	Star 2/3

Thursday	
4:00-6:00	Competitive/Star 6+
6:00-6:15	Flood
6:15-6:45	Pre-Canskate
7:00-8:00	Off Ice
	1 st and 3 rd Thurs see below

Friday	
4:00-4:45	Competitive/Star 6+
4:45-5:15	Simulation
5:15-6:00	6+/Competitive French school make up ice
5:15-6:15	Star 4/5

(Simulation will be scheduled but not all weeks)
weeks with no simulation Star6+ 4-5:15

Sunday	
11:45-12:45	Jumpstart Star 1
12:00-1:00	Star 2/3
1:00-1:15	Star 2 - 5 synchro
1:15-2:15	Star 4/5
2:15-2:30	Flood
2:30-4:15	Open Synchro
4:15-4:30	Flood
4:30-5:30	Competitive/Star 6+
5:30-5:45	Flood
5:45-6:45	IceBreakers
5:45-6:45	6+/Competitive French school make up ice
6:45-7:30	Adult Synchro

Schedule changes and dates of interest

2022-10-31 cancelled	2023-01-09 first day of new programming
2022-11-25 Friday cancelled tournaments	
Tournaments - adjusted schedule	Tournaments - adjusted starts at
2022-11-27 starts at 1	2023-01-22 12:45
2022-12-15 last precan session	Adult Ice Breakers and Adult
2022-12-19 last Canskate session	2023-03-05 synchro only
	Adult Ice Breakers and Adult
	2023-03-12 synchro only
2022-12-21 Holiday Fun Night	2023-03-18 End of Season Show - all programs

Star 4 to 6+/competitive and synchro teams - holiday ice will be announced for competition prep

March 19 - 24 ice for 6+ will be announced separately

Off-Ice Lions centre	1 st Thursday of month	(Jumpstart to Star 3)	7:00-8:00
	3 rd Thursday of month	(Star 4 - 6+/competitive)	7:00-8:00